

What is claimed:

- 1) A ready-to-eat food having, at a 60% confidence level, a lower taste value greater than -9.00; a water activity of less than 0.90; and comprising, on a 100 kcal reference serving basis:
 - 5 a.) at least 5 grams of an amino acid source;
 - b.) less than 3 grams of a digestible fat; and
 - c.) a carbohydrate that provides the balance of the total caloric value of said food and at least about 2.5 grams of dietary fiber.
- 10 2) The ready-to-eat food of Claim 1 having a water activity of less than 0.85 and comprising an adjunct ingredient.
- 3.) The ready-to-eat food of Claim 1 having a lower taste value that is greater than 1.64 and an upper taste value of less than 39.45; and comprising, on a 100 kcal reference serving basis:
 - 15 a.) from 5 grams to 13 grams of an amino acid source; and
 - b.) from about 2.5 grams to about 5.0 grams of dietary fiber.
- 4.) The ready-to-eat food of Claim 3 wherein said food is a filled cracker, filled extruded snack, enrobed extruded snack, bar, filled bar, cracker, spread, cookie, snack crisp, brownie, or potato crisp.
 - 20 5.) The ready-to-eat food of Claim 1 wherein said amino acid and fiber sources are at least 75% active; and said fiber is selected from the group consisting of soluble fiber having a viscosity of from 1 to 2 centipoises for a 10% solution at 25°C, insoluble fiber having a particle size of less than 150 microns and a water absorption less than 7.0 grams per gram of fiber, and mixtures thereof.
- 25 6.) The ready-to-eat food of Claim 1 having an amino acid score from 0.60 to 1.00.
- 7.) The ready-to-eat food of Claim 1 comprising less than 2 grams of digestible saturated fat.
- 30 8.) The ready-to-eat food of Claim 7 comprising less than 2/3 of a gram of digestible saturated fat.
- 9.) The ready-to-eat food of Claim 1 comprising a material selected from the group consisting of non-digestible lipids, partially digestible lipids, and mixtures thereof.
- 35 10.) The ready-to-eat food of Claim 1 comprising a material selected from the group consisting of arabinogalactan fiber, beta-glucan soluble fiber, and mixtures thereof.

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11.) The ready-to-eat food of Claim 1 comprising fluoride; sodium; potassium; and, on a 30 gram basis, from about 10% to about 100% of the U.S. RDI of the vitamins A, D, E, K, C, thiamin, riboflavin, niacin, vitamin B₆, folate, vitamin B₁₂, biotin, and pantothenic acid, and from about 10% to about 100% of the U.S. RDI of the minerals calcium, phosphorus, magnesium, iron, zinc, iodine, selenium, copper,
5 manganese, chromium, molybdenum, and chloride.

12.) The ready-to-eat food of Claim 1 wherein said food is a filled cracker, filled extruded snack, enrobed extruded snack, bar, filled bar, cracker, spread, cookie, snack crisp, brownie, or potato crisp.

10 13.) The ready-to-eat food of Claim 1 having, at a 70% confidence level, a lower taste value that is greater than -9.00.

14.) The ready-to-eat food of Claim 13 having a water activity of less than 0.85 and comprising an adjunct ingredient.

15 15.) The ready-to-eat food of Claim 13 having a lower taste value that is greater than 2.25 and an upper taste value of less than 40.28; and comprising, on a 100 kcal reference serving basis:

- a.) from 5 grams to 13 grams of an amino acid source; and
- b.) from about 2.5 grams to about 5.0 grams of dietary fiber.

20 16.) The ready-to-eat food of Claim 15 wherein said food is a filled cracker, filled extruded snack, enrobed extruded snack, bar, filled bar, cracker, spread, cookie, snack crisp, brownie, or potato crisp.

25 17.) The ready-to-eat food of Claim 13 wherein said amino acid and fiber sources are at least 75% active; and said fiber is selected from the group consisting of soluble fiber having a viscosity of from 1 to 2 centipoise for a 10% solution at 25°C, insoluble fiber having a particle size of less than 150 microns and a water absorption less than 7.0 grams per gram of fiber, and mixtures thereof.

13/ 18.) The ready-to-eat food of Claim 13 having an amino acid score from 0.60 to 1.00.

30 17/ 19.) The ready-to-eat food of Claim 13 comprising less than 2 grams of digestible saturated fat.

13/ 20.) The ready-to-eat food of Claim 19 comprising less than 2/3 a gram of digestible saturated fat.

13/ 21.) The ready-to-eat food of Claim 13 comprising a material selected from the group consisting of non-digestible lipids, partially digestible lipids, and mixtures thereof.

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- 22.) The ready-to-eat food of Claim 13 comprising a material selected from the group consisting of arabinogalactan fiber, beta-glucan soluble fiber, and mixtures thereof.
- 23.) The ready-to-eat food of Claim 13 comprising fluoride; sodium; potassium; and, on a 30 gram basis, from about 10% to about 100% of the U.S. RDI of the vitamins A, D, E, K, C, thiamin, riboflavin, niacin, vitamin B₆, folate, vitamin B₁₂, biotin, and pantothenic acid, and from about 10% to about 100% of the U.S. RDI of the minerals calcium, phosphorus, magnesium, iron, zinc, iodine, selenium, copper, manganese, chromium, molybdenum, and chloride.
- 24.) The ready-to-eat food of Claim 13 wherein said food is a filled cracker, filled extruded snack, enrobed extruded snack, bar, filled bar, cracker, spread, cookie, snack crisp, brownie, or potato crisp.
- 25.) The ready-to-eat food of Claim 1 having, at an 80% confidence level, a lower taste value that is greater than -9.00.
- 26.) The ready-to-eat food of Claim 25 having a water activity of less than 0.85 and comprising an adjunct ingredient.
- 27.) The ready-to-eat food of Claim 25 having a lower taste value that is greater than 3.09 and an upper taste value of less than 41.33; and comprising, on a 100 kcal reference serving basis:
- a.) from 5 grams to 13 grams of an amino acid source; and
 - b.) from about 2.5 grams to about 5.0 grams of dietary fiber.
- 28.) The ready-to-eat food of Claim 27 wherein said food is a filled cracker, filled extruded snack, enrobed extruded snack, bar, filled bar, cracker, spread, cookie, snack crisp, brownie, or potato crisp.
- 29.) The ready-to-eat food of Claim 25 wherein said amino acid and fiber sources are at least 75% active; and said fiber is selected from the group consisting of soluble fiber having a viscosity of from 1 to 2 centipoise for a 10% solution at 25°C, insoluble fiber having a particle size of less than 150 microns and a water absorption less than 7.0 grams per gram of fiber, and mixtures thereof.
- 30.) The ready-to-eat food of Claim 25 having an amino acid score from 0.60 to 1.00.
- 31.) The ready-to-eat food of Claim 25 comprising less than 2 grams of digestible saturated fat.
- 32.) The ready-to-eat food of Claim 31 comprising less than 2/3 a gram of digestible saturated fat.

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43.) The ready-to-eat food of Claim 37 comprising less than 2 grams of digestible saturated fat.

44.) The ready-to-eat food of Claim 43 comprising less than 2/3 a gram of digestible saturated fat.

5 45.) The ready-to-eat food of Claim 37 comprising a material selected from the group consisting of non-digestible lipids, partially digestible lipids, and mixtures thereof.

46.) The ready-to-eat food of Claim 37 comprising a material selected from the group consisting of arabinogalactan fiber, beta-glucan soluble fiber, and mixtures thereof.

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47.) The ready-to-eat food of Claim 37 comprising fluoride; sodium; potassium; and, on a 30 gram basis, from about 10% to about 100% of the U.S. RDI of the vitamins A, D, E, K, C, thiamin, riboflavin, niacin, vitamin B₆, folate, vitamin B₁₂, biotin, and pantothenic acid, and from about 10% to about 100% of the U.S. RDI of the minerals calcium, phosphorus, magnesium, iron, zinc, iodine, selenium, copper, manganese, fluoride, chromium, molybdenum, sodium, potassium, and chloride.

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48.) The ready-to-eat food of Claim 37 wherein said food is a filled cracker, filled extruded snack, enrobed extruded snack, bar, filled bar, cracker, spread, cookie, snack crisp, brownie, or potato crisp.

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49.) The ready-to-eat food of Claim 1 having, at a 95% confidence level, a lower taste value that is greater than -9.00.

50.) The ready-to-eat food of Claim 49 having a water activity of less than 0.85 and comprising an adjunct ingredient.

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51.) The ready-to-eat food of Claim 49 having a lower taste value that is greater than 5.14 and an upper taste value of less than 44.26; and comprising, on a 100 kcal reference serving basis:

- a.) from 5 grams to 13 grams of an amino acid source; and
- b.) from about 2.5 grams to about 5.0 grams of dietary fiber.

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52.) The ready-to-eat food of Claim 51 wherein said food is a filled cracker, filled extruded snack, enrobed extruded snack, bar, filled bar, cracker, spread, cookie, snack crisp, brownie, or potato crisp.

53.) The ready-to-eat food of Claim 49 wherein said amino acid and fiber sources are at least 75% active; and said fiber is selected from the group consisting of soluble fiber having a viscosity of from 1 to 2 centipoise for a 10% solution at 25°C, insoluble fiber having a particle size of less than 150 microns and a water absorption less than 7.0 grams per gram of fiber, and mixtures thereof.

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- 54.) The ready-to-eat food of Claim 49 having an amino acid score from 0.60 to 1.00.
- 55.) The ready-to-eat food of Claim 49 comprising less than 2 grams of digestible saturated fat.
- 56.) The ready-to-eat food of Claim 55 comprising less than $\frac{2}{3}$ a gram of digestible saturated fat.
- 57.) The ready-to-eat food of Claim 49 comprising a material selected from the group consisting of non-digestible lipids, partially digestible lipids, and mixtures thereof.
- 58.) The ready-to-eat food of Claim 49 comprising a material selected from the group consisting of arabinogalactan fiber, beta-glucan soluble fiber, and mixtures thereof.
- 59.) The ready-to-eat food of Claim 49 comprising fluoride; sodium; potassium; and, on a 30 gram basis, from about 10% to about 100% of the U.S. RDI of the vitamins A, D, E, K, C, thiamin, riboflavin, niacin, vitamin B₆, folate, vitamin B₁₂, biotin, and pantothenic acid, and from about 10% to about 100% of the U.S. RDI of the minerals calcium, phosphorus, magnesium, iron, zinc, iodine, selenium, copper, manganese, chromium, molybdenum, and chloride.
- 60.) The ready-to-eat food of Claim 49 wherein said food is a filled cracker, filled extruded snack, enrobed extruded snack, bar, filled bar, cracker, spread, cookie, snack crisp, brownie, or potato crisp.
- 61.) The ready-to-eat food of Claim 1 having, at a 99% confidence level, a lower taste value that is greater than -9.00.
- 62.) The ready-to-eat food of Claim 61 having a water activity of less than 0.85 and comprising an adjunct ingredient.
- 63.) The ready-to-eat food of Claim 61 having a lower taste value that is greater than 7.09 and an upper taste value of less than 46.96; and comprising, on a 100 kcal reference serving basis:
- a.) from 5 grams to 13 grams of an amino acid source; and
 - b.) from about 2.5 grams to about 5.0 grams of dietary fiber.
- 64.) The ready-to-eat food of Claim 63 wherein said food is a filled cracker, filled extruded snack, enrobed extruded snack, bar, filled bar, cracker, spread, cookie, snack crisp, brownie, or potato crisp.

65.) The ready-to-eat food of Claim 61 wherein said amino acid and fiber sources are at least 75% active; and said fiber is selected from the group consisting of soluble fiber having a viscosity of from 1 to 2 centipoise for a 10% solution at 25°C, insoluble fiber having a particle size of less than 150 microns and a water absorption less than 7.0 grams per gram of fiber, and mixtures thereof.

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66.) The ready-to-eat food of Claim 61 having an amino acid score from 0.60 to 1.00.

67.) The ready-to-eat food of Claim 61 comprising less than 2 grams of digestible saturated fat.

10 68.) The ready-to-eat food of Claim 67 comprising less than 2/3 a gram of digestible saturated fat.

69.) The ready-to-eat food of Claim 61 comprising a material selected from the group consisting of non-digestible lipids, partially digestible lipids, and mixtures thereof.

15 70.) The ready-to-eat food of Claim 61 comprising a material selected from the group consisting of arabinogalactan fiber, beta-glucan soluble fiber, and mixtures thereof.

71.) The ready-to-eat food of Claim 61 comprising fluoride; sodium; potassium; and, on a 30 gram basis, from about 10% to about 100% of the U.S. RDI of the vitamins A, D, E, K, C, thiamin, riboflavin,
20 niacin, vitamin B₆, folate, vitamin B₁₂, biotin, and pantothenic acid and from about 10% to about 100% of the U.S. RDI of the minerals calcium, phosphorus, magnesium, iron, zinc, iodine, selenium, copper, manganese, fluoride, chromium, molybdenum, sodium, potassium, and chloride.

72.) The ready-to-eat food of Claim 61 wherein said food is a filled cracker, filled extruded snack,
25 enrobed extruded snack, bar, filled bar, cracker, spread, cookie, snack crisp, brownie, or potato crisp.

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